



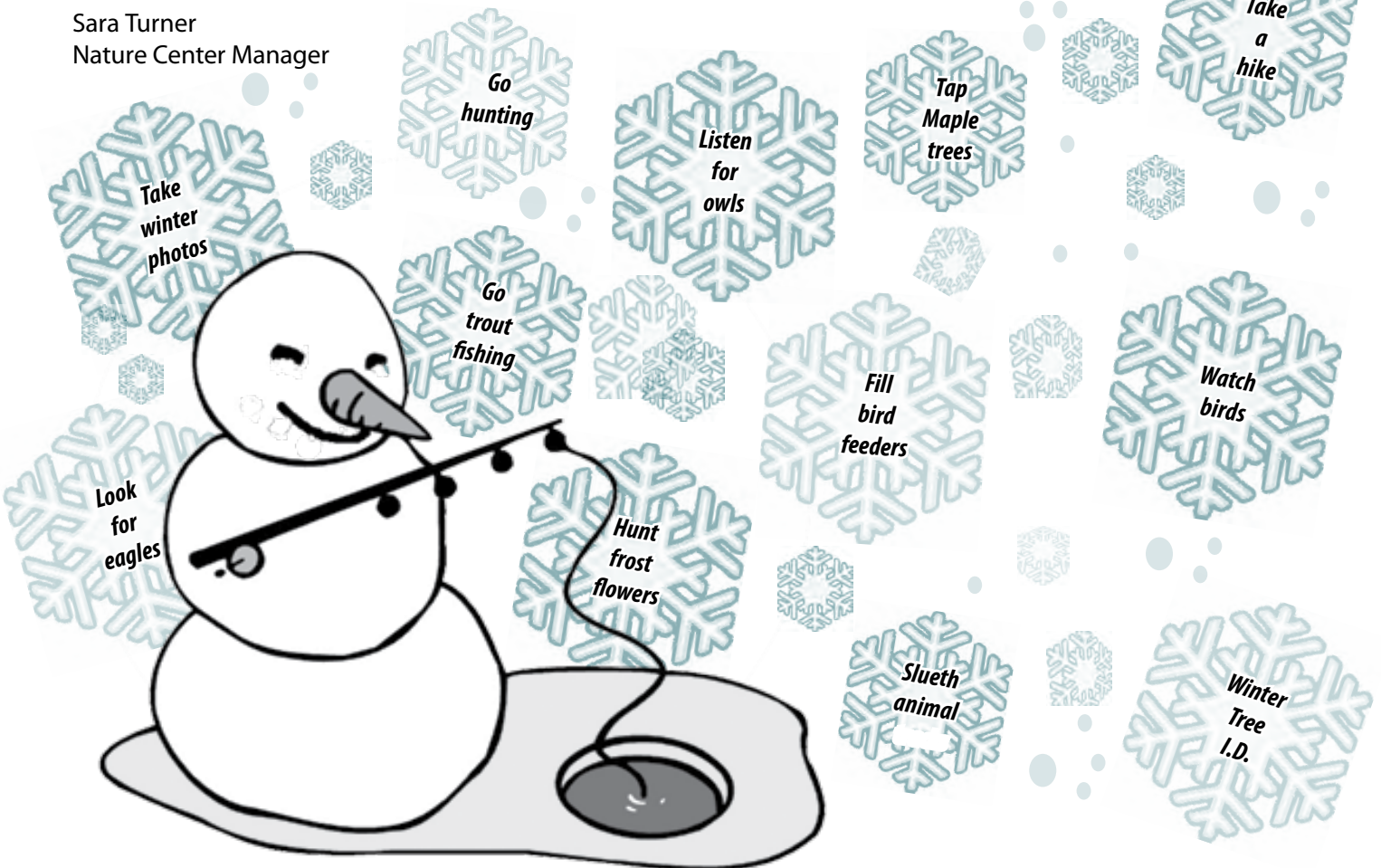
Turn Winter Fears and Frowns Upside-Down

When the ice, snow, and cold temperatures arrive in Missouri, most folks think they have to stay inside, watch television, and deal with cabin fever. I've heard all kinds of excuses as to why you can't get out and enjoy nature - mostly concerns about falling, hypothermia, and frostbite. Here are a few things you can do to stay safe this winter while you are out enjoying some of the winter fun ideas I've listed for you.

Check the weather and be prepared. Limit your time outdoors if it's extremely wet, windy, or cold. To prevent the chances of frostbite or hypothermia, dress in layers, wear a hat and scarf, use mittens instead of gloves, and keep your feet warm and dry with the wool socks. A moisture-wicking layer close to your skin with a middle layer of fleece covered in a waterproof jacket or coat is ideal. To help prevent falls, choose shoes with good traction. Walk slowly like a penguin with your feet flat, arms out, and short steps. Utilize hiking or trekking poles for added stability. Avoid walking on ice if possible.

For added safety, take a friend, a fully-charged cell phone, a first aid kit, and a few snacks. Don't forget to tell someone where you are going and when you'll be back. Practicing these strategies will ensure a fun, adventurous day of exploring Missouri in winter. From birds to animal tracks and frost flowers to unique tree trunks, there are lots of activities that can help you beat the winter blues.

Sara Turner
Nature Center Manager



Volunteer Corner

Volunteer Groups Add Sparkle to the Nature Center

We are so very lucky that our community realizes the Cape Nature Center is a gem in Southeast Missouri. Many local groups, schools, and employers treasure the Center so much they are willing to help make the Center shine by volunteering their time. Volunteer groups have helped with projects like putting in our rain garden, installing flying squirrel houses, trail maintenance, removing invasive species, weeding, mulching and so much more. Groups from Southeast Missouri State University, Procter and Gamble, and Boy Scouts have all donated time to make the Nature Center the very best place to visit. We value the work they do for us, but love that they seem to have fun and enjoy their time here. Time is such a valuable thing and we really appreciate that they choose to donate theirs to us.

If you belong to a group that may interested in helping out at the Nature Center, please let us know and we can work with you to find a project that will be meaningful and fun.

If you are interested in learning more about nature as a volunteer, the Cape Girardeau Conservation Nature Center is currently taking applications for volunteers. Following acceptance into the program, new volunteers attend training classes and receive hands-on preparation according to their interests and involvement.

For more information or to receive an application, please stop in or contact Jamie Koehler at 573-290-5218 or Jamie.Koehler@mdc.mo.gov.

Volunteer Milestones

100 Hours

Karin Pelton

300 Hours

Randy Windeknecht

Susan Reinagel

Felicia Fox

1250 Hours

Michael Fiehler



Tadpoles

(Shared nature experiences for 0-2 year olds and an attending adult.)



December

Saturday, December 19-9 or 10 AM

Getting Ready for Winter

Warm food, warm clothes, and a warm home sound like a good recipe for a long winter. Good things for us, but what do animals need to be ready for winter? Bring your little one to hear stories and do activities to find out.

Ages 0-2. Registration begins December 1.

January

Saturday, January 30-9 or 10 AM

Eagles, Eagles Everywhere!

Soaring, diving, and perching these big beautiful birds can be found here all year, but there's even more in winter! We will explore the exciting life of an eagle through songs, stories, and activities.

Ages 0-2. Registration begins January 2.

February

Saturday, February 27-9 or 10 AM

Meet a Sugar Maple

There is a very special tree in Missouri called the sugar maple. From this tree, we can collect sap to make yummy treats. Celebrate the sugaring season with your little one by learning all about these trees.

Ages 0-2. Registration begins February 2.

Kids' Club Program Information

December

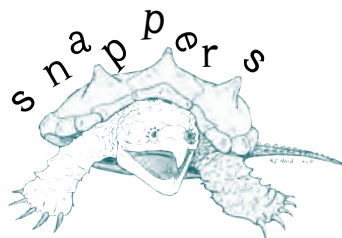
Saturday, December 12

10-11:30 AM

Nature's Gifts

It's the time of year for gift giving and making a gift by hand shows you care. Discover great gifts that can be made with a few simple items you might find in your own backyard. The best part of giving presents is the surprise, so this time parents won't be allowed to join.

Ages 7-11. Registration begins December 1.



January

Saturday, January 9

10-11:30 AM

Animal Investigators

Could you solve the mystery of which animals were here by discovering the clues they left behind? Activities include animal CSI, animal track patterns and prints, and hiking to search for wild clues. *Dress for the weather.*

Ages 7-11. Registration begins January 2.

February

Saturday, February 6

10-11:30 AM

Wild Valentines

Wild animals pull some pretty crazy stunts to impress their valentines. Experience these antics through interactive games and find out how difficult it can be to stand out. We'll wrap up the fun by making our own wild valentines. *Dress for the weather.*

Ages 7-11. Registration begins January 15.

Mudpuppies

(45-minute indoor/outdoor programs for 3-6 year olds and an attending adult.)



December

Saturday, December 12-9:30 AM or 11 AM

Tuesday, December 15-9 AM or 10:30 AM

Cool Canines

Our wild dog relatives are pretty cool cats...I mean canines. From foxes to coyotes, these animals know how to survive even when life gets "ruff".

Ages 3-6. Registration begins December 1.

January

Saturday, January 9-9:30 AM or 11 AM

Tuesday, January 12-9 AM or 10:30 AM

Winter Tales

Groundhogs may be resting but not everyone hibernates in the winter. We'll hear a few tales about busy winter animals and learn about animal tracks before going on a short 15 minute hike (weather permitting).

Ages 3-6. Registration begins January 2.

February

Saturday, February 6-9:30 AM or 11 AM

Tuesday, February 9-9 AM or 10:30 AM

Animal Sweethearts

Why is that frog singing? Why is that spider giving that other spider dead bugs? We'll find out about animal sweethearts and how hard it can be to find a mate and raise a family in the wild. Afterwards, we'll make fun "wild" themed valentines to take home.

Ages 3-6. Registration begins January 15.

Kid's Korner

Winter Word Jumble

Can you figure out which winter words have been jumbled below?

EBHINTARE
FSKALEONW
TOFRS
TOGMARIIN
OWNS
EDRE URB

Answers: Hibernates, Snowflake, Frost, Migration, Snow, Deer Rub

We help people discover nature.

Cape Girardeau Conservation Nature Center

2289 County Park Drive, Cape Girardeau, MO 63701 • mdc.mo.gov/node/297

DECEMBER

TO REGISTER FOR A PROGRAM:

Programs are free. Call 573-290-5218 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

Missourians care about conserving forests, fish and wildlife.

Nature Art: Nature's Decor

December 5 • Saturday •

9 AM, 11 AM, 1 PM or 3 PM

Registration begins November 17 (ages 18+)

Deck the halls with boughs of holly... the holidays are just around the corner and we're in the mood to decorate! We'll use nature's resources to create wonderful winter wreaths, swags, and garlands. You provide a grapevine wreath (you choose the size and shape you want) and we'll provide everything else to do your decorating.

Nature Shop Sale

December 8-12

HOLIDAY
SALE

Last minute shopping got you flustered? Escape the hustle and bustle and relax while completing your gift list in the nature shop and receive 20%* off all nature shop items!

*Conservation Heritage Card discounts do not apply.

Feeding Frenzy

December 10 • Thursday • 1-2:30 PM

No registration required (all ages)

Ever wonder what it takes to keep all of the nature center reptiles, amphibians, and fish happy? Thanks to some amazing animal care volunteers, they are fed a delicious smorgasbord of crickets, worms, minnows, and more! Drop by to visit with the volunteers and staff as they feed the hungry critters. Youth and adult groups welcome.

Art Gallery-December

Drop by the nature center's auditorium gallery during December to admire artwork submitted by the contestants of the Junior Duck Stamp Contest. This annual contest highlights the talents of many young artists.

Nature Center at Night: Candlelit Wood Walk

December 17 • Thursday • 5-8 PM

No registration required (all ages)

Enjoy the serenity of a winter night as you stroll along our trail. We'll light the path for you and provide hot winter beverages for your enjoyment. After your walk, stop inside the nature center to warm up and view our exhibits. Our trail is paved and accessible to wheelchairs and strollers. Youth and adult groups welcome.

Meet the Artist

December 19 • Saturday • 1-3 PM

No registration required (all ages)

Junior Duck Stamp Contest participants will be here to showcase their entries and talk with visitors as they create this year's entry in colored pencil.

Family Craft Fun

December 19 • Saturday • 1-4 PM

No registration required (all ages)

Get the family out of the house and stop by to have some holiday family fun. We'll have a few different crafts for you to make and take home. We'll bring the supplies, you bring the enthusiasm!

Christmas Bird Count

Christmas Bird Counts are held throughout the Americas this winter. There are various opportunities in this region for you to assist with these bird research counts. No experience required.

For details and regional locations/dates, check under "listings" at www.mobirds.org or e-mail sebirding@yahoo.com.

Holiday Closings

The nature center will be closed
Friday, December 25 and
Friday, January 1.
The White Oak Trace trail will be open.

Art Gallery-December

The beautiful details of nature are revealed when you take time to unplug and just look. Stop by the lobby in December to view "Oh, What Beautiful Things You'll See," a collection of photography by Bridget Jackson.



Belted Kingfisher

(*Megaceryle alcyon*)

The Belted Kingfisher is a delight to see as it sits along rivers and other waterways throughout Missouri. This stocky bird is a skilled fisher using its large beak to nab fish out of the water. Look out for a dark slate gray/blue colored bird sitting on a branch overhanging the water. You might get to see it as it flits over the water and dives in to catch a fish. Known for their crest of feathers at the top of their heads and their boisterous cackling laugh-like call these birds are often overlooked. Excellent parents, the male and female will together dig out a tunnel in the river bank to form a nest. Keep your eyes open for these cackling divers.



Splash Cup/Bird's Nest Fungus

(*Megaceryle alcyon*)

Tiny and seemingly delicate, this fungus is a member of an entire group of "Bird's Nest" fungi, sometimes called "fairy cups" or "splash cups." They are often found in woodchip piles and rotting logs. A decomposer, this fungus breaks down dead plants, allowing the nutrients locked up in the plant to return to the food chain. The cup is the fruiting body (think of a stalked mushroom) of a mycelium network within the log or decaying plant. Scout for these tiny wonders while you walk in the woods or anywhere you find wood chips.

Cape Girardeau Conservation Nature Center

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JANUARY

TO REGISTER FOR A PROGRAM:

Programs are free. Call 573-290-5218 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

Dutch Oven Cooking: Soups and Stews

January 2 • Saturday •

9:30 AM - NOON or 1-3:30 PM

Registration begins December 15 (ages 14+)

What goes better with cold weather than a nice hot meal? We will simmer up something good to share around the fire. This beginner's course is designed to cover some basic techniques for successful outdoor cooking using cast iron.

Feeding Frenzy

January 14 • Thursday • 1–2:30 PM

No registration required (all ages)

Ever wonder what it takes to keep all of the nature center reptiles, amphibians, and fish happy? Thanks to some amazing animal care volunteers, they are fed a delicious smorgasbord of crickets, worms, minnows, and more! Drop by to visit with the volunteers and staff as they feed the hungry critters. Youth and adult groups welcome.

Nature Center at Night: Nature Trivia

January 14 • Thursday • 5-8 PM

No registration required (all ages)

Have you often wondered if you have what it takes to be a naturalist? Drop by and test your knowledge of the natural world by trying to identify some mysterious artifacts and the animals that left them behind. Youth and adult groups welcome.

Nature Art: Groundhog Day

January 14 • Thursday • 6-8 PM

Registration begins January 2 (ages 16+)

Yes, Groundhog Day is next month, but as scrapbookers we need to have our pages ready for the pictures. Will we be scared back indoors or stay out and enjoy the day? Come join us to make a two page layout to highlight our adventures from Groundhog Day and learn a little about these little weather forecasters.

Primitive Arrow Making

January 16 • Saturday • 8:30 AM-3 PM

Registration begins December 15 (ages 14+)

Learn to make your own primitive arrow using only hand tools. We will use Native American techniques with materials native to Missouri such as river cane, turkey feathers, deer sinew, pine pitch and more. Each participant will have the opportunity to make one arrow.

Tree Tapping 101

January 16 • Saturday •

10-11:30 AM or 1–2:30 PM

Registration begins January 2 (ages 12+)

Tis' the season for maple sugaring! Before you can enjoy sweet maple syrup, you've got to collect the sap. Learn how to identify Sugar maple trees and select the right ones to tap. Then go outside to try your hand at tapping the trees. This program covers only the tree tapping portion. Join us February 13 for our Maple Sugaring event to learn the rest of the syrup story. Dress for the weather. Adult supervision is required for ages 12-17.

Homeschool Special: Corps of Discovery

January 21 • Thursday •

10–11:30 AM or 1–2:30 PM

Registration begins January 2 (Ages 6-15)

The Lewis and Clark Expedition is one of the most famous pioneer explorations in United States history. Their trip led to the discovery of hundreds of species of plants and animals and opened a gateway to many natural resources. Learn the skills and practice using some tools that made this expedition such a success.

Garden Tour:

Natural Beauty with Native Plants

January 23 • Saturday •

9-11 AM or 1-3 PM

Registration begins January 2 (ages 8+)

Beat those winter blues! We will be creating nature-inspired beauty products from native plants. Herbal teas will help us relax while we learn and have fun. You will leave feeling refreshed and take home your own spa creations. Ages 8-16 must have accompanying adult.

Art Gallery-January

Visit the lobby in January to view "Conservation Destinations," a collection of nature photography taken during our naturalist-led programs by hiking enthusiast Julie Francis.

GENERAL INFORMATION

Cape Girardeau Conservation Nature Center is located in North Cape Girardeau County Park off Kingshighway just east of Interstate 55 at exit 99.

The Cape Girardeau Conservation Nature Center is operated through hunting and fishing license revenues and through the 1/8% "Design for Conservation" sales tax. There is no admission charge.

BUILDING HOURS

Tuesday–Saturday: 8 AM–5 PM

Closed Sundays, Mondays,

and all state holidays.

AREA HOURS

Daily: Sunrise–10 PM in accordance with the Cape Girardeau County Park

RULES AND REGULATIONS

Nature center grounds and trails are closed to pets, horses, hunting, collecting, littering, fires, and alcoholic beverages. The trails are also closed to bicycles, jogging, in-line skates, skateboards, scooters, and motorized vehicles.

Phone: 573/290-5218

Fax: 573/290-5566

Eew That's Gross: Nature's Recyclers Puppet Show

January 23 • Saturday • 2-3 PM

No registration required (all ages)

Dead plants, dead animals, and rotting logs can all be kinda gross! But wait; there are things in nature that would disagree. Find out more from some friendly puppets who might just have a thing to say about recycling in nature. Show starts at 2 PM with a recycled craft to follow. Youth and adult groups welcome.

*Conservation pays by enriching our
economy and quality of life.*

Tree Walk: Winter Tree ID

January 30 • Saturday • 1-3 PM

No registration required (all ages)

Expand your skills beyond leaf identification and discover what other features may be used to identify tree species. After all, you don't know a tree until you see it leafless. This hike will take place outside on Ridgetop Trail behind the Nature Center, so please dress accordingly. Youth and adult groups welcome.

Cape Girardeau Conservation Nature Center

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Teas and Spring Tonics

February 6 • Saturday • 1–3 PM

Registration begins January 15 (ages 8+)

Native plants are not only healthy for the birds and butterflies! Learn how many of our native plants make a nice cup of tea that is not only tasty but good for you. We will discuss how Native Americans and settlers used wild native plants for teas and spring tonics. Ages 8-16 must have accompanying adult.

Nature Center at Night:

Glorious Groundhogs

February 11 • Thursday • 5–8 PM

No registration required (all ages)

Groundhogs are fascinating mammals. Being one of the few Missouri animals that can truly hibernate has made them so famous that they have their own holiday. Come and celebrate the groundhog by stopping by anytime between 5–8 PM to learn more at our discovery table and make a craft to take home. Youth and adult groups welcome.

Nature Art: What's a fauxdori?

February 11 • Thursday • 6–8 PM

Registration begins February 2 (ages 16+)

A fauxdori is our take on the popular Japanese travel folio by Midori. We will make a take-along journal that has a couple of inserts to record our upcoming adventures. It's also good for listing all the places we visit or plan to visit this year.

The Great Backyard Bird Count February 12-15

Count birds in your backyard, at a local park, or anywhere. Involve the family and participate anytime during the weekend. For details on participating, visit www.birdsource.org/gbbc.

Maple Sugaring

February 13 • Saturday • 1–4 PM

No registration required (all ages)

Discover one of the forest's sweetest gifts. Maple sugaring is rich in history and still practiced today. Learn the history, equipment, and process of making maple syrup. Youth and adult groups welcome.

Art Gallery-February

We present to you a collection of nature photography by Carmen Simpher. Although her passion is portrait photography, she's not limited to portraits. "Every now and then I'm given an opportunity to capture nature and those shots give me a deeper appreciation of our world," she explained. "Seeing the excitement and wonder in a child experiencing nature is immeasurable."

Feeding Frenzy

February 18 • Thursday • 1–2:30 PM

No registration required (all ages)

Ever wonder what it takes to keep all of the nature center reptiles, amphibians, and fish happy? Thanks to some amazing animal care volunteers, they are fed a delicious smorgasbord of crickets, worms, minnows, and more! Drop by to visit with the volunteers and staff as they feed the hungry critters. Youth and adult groups welcome.

Around the Fire with Lewis and Clark

February 19 • Friday • 6–8:30 PM

No registration required (all ages)

Sit around the fire and explore another time through the stories of Lewis and Clark. These two, along with the Corps of Discovery, traveled west discovering new plants and animals as they went. How have things changed since then? Stop by to hear a tale or two and enjoy a hot beverage as you warm yourself by the fire.

Women's Winter Trout Fishing

February 20 • Saturday • 9–11:30 AM

Registration begins February 2 (ages 12+)

Step out in the winter air to catch a rainbow! Rotary Lake in Jackson City Park is our destination for the elusive rainbow trout. Learn some tricks and techniques to catching them. Everyone must have a valid Missouri fishing permit. Anyone interested in keeping trout must also have a trout permit.

Family Duck Decoy Carving

February 26 • Friday • 6–10 PM and

February 27 • Saturday 8 AM–2 PM

Registration begins February 2 (ages 8+)

Make a beautiful cork decoy to use for waterfowl hunting or as unique art. Learn duck identification, duck ecology and decoy history as you sculpt and paint your own decoy. Cost for materials is \$15. Children under 12 must be accompanied by adult.

*Stay in touch with
nature happenings.*

**Sign up now to receive emails or
texts at
mdc.mo.gov/govdelivery**

FEBRUARY

TO REGISTER FOR A PROGRAM:

Programs are free. Call 573-290-5218 to sign up for a program requiring registration. If you are unable to attend a program, please call and cancel as a courtesy to those on the waiting list.

MDC
DISCOVER
nature

Coming in March

Women's Hike: Holly Ridge Conservation Area

March 5 • Saturday • 8 AM–4 PM

Registration begins February 16 (ages 14+)

Come enjoy the spring air as a naturalist leads you on the trails at a unique and beautiful natural area. This area features plants and animals of conservation concern and resembles forests in Arkansas and Tennessee more than the typical Ozark woods. Hike is 4.5 miles and rated moderate. This program is for women only. Girls ages 14-17 accompanied by an adult female are welcome.

Nature Art: Adding Color to Our Journals

March 5 • Saturday • 1–3 PM

Registration begins February 16 (ages 16+)

Add color to your nature journal with basic watercolor painting. If you are interested in trying watercolor or if you have dabbled a bit with this medium, this program is for you. Supplies provided for use during the class.

Native Plant & Garden Seminar

March 12 • Saturday • 8 AM–3 PM

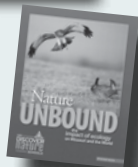
Registration begins February 2 (ages 16+)

The Missouri Department of Conservation and the Cape Girardeau County Master Gardeners host the eleventh annual native plant seminar. Call the nature center about session times and other guest speakers. Registration is free and seating is limited for each session.

Educators' Niche

Discover Nature Schools

The Discover Nature Schools (DNS) program provides new and interesting curriculum that incorporates hands-on outdoor activities featuring Missouri ecosystems. Teaching students outside has been shown to help improve test scores and help with behavior issues. Each unit comes with excellent teacher and student guides. These materials are free to public, private, or homeschool educators. Grant monies are also available for field trips and supplies for K-12 teachers in the public or private school sectors. A DNS training is being offered at the Cape Girardeau Nature Center on January 8. Nature Revealed is our new Pre-K unit. That training will be offered on January 20. Please contact Bridget Jackson for training information at bridget.jackson@mdc.mo.gov or call 573-290-5858 ext 4464.



Nature Deficit Tidbit

A lot of attention has been given to the amount of time children are spending on electronics. Most people familiar with that information would probably agree that it is too much. But what about adults, particularly parents? In the busy, hectic world we live in adults often find themselves multi-tasking. This can cause issues with the parent-child bond. Dr. Sherry Turkle, author of *Alone Together: Why We Expect More of Technology and Less of Each Other*, interviewed over 300 children about feelings concerning their adults' media use. She found that children often feel neglected for media. She says, "shared attention can feel like no attention at all." One way parents can help strengthen the bond with their children is by spending time outside without electronics as a family. The time outside can relieve stress while promoting physical activity and conversation, all of which can strengthen the parent-child bond.

Ask the Naturalist

What is that big leaf ball up in the tree? Is it a bird's nest or something from insects? Actually those are made by squirrels!



At this time of year it's easy to see the large jumble of dead leaves near the tops of trees. These leafy nests are called dreys and are made by grey and fox squirrels.

Both squirrels prefer tree cavities for raising young and for winter but will use them when parasites or droppings get too numerous. Dreys are also important for squirrels when large trees with cavities are not available.

Dreys are about 12-20 inches in diameter with twigs supporting the structure of multiple leaf layers. The single entrance leads to the inner cavity which is about 6-8 inches across. Leaf nests can last up to 3 years depending on wind and weather.

It is considered poor sportsmanship to shoot into a leaf nest (or cavity nest) because it may be difficult to retrieve the animal and because it does not follow the "fair chase principle."

*Conservation Heritage Card discounts do not apply

20% Off*
these monthly specials!

What's HOT in the NATURE SHOP!

December

Cooking Wild in Missouri

Whether you hunt, fish, or forage, Bernadette Dryden's collection of recipes offers imaginative, fresh ideas for turning your harvest into a mouth-watering feast. With an emphasis on local, seasonal ingredients and a scope encompassing a variety of cultures and cuisines, *Cooking Wild in Missouri* is sure to earn a trusted spot in your kitchen.



Discounted price:
\$12.00 plus tax

January/February Shrubs and Woody Vines of Missouri Field Guide

Based on Don Kurz's original "Shrubs and Woody Vines of Missouri," this concise, easy-to-carry field guide will help you identify shrubs and woody vines in your yard, neighborhood or natural area.

- Range map for each species
- Full-color illustrations



Discounted price:
\$6.00 plus tax

Thank You

for donations of Time, Material,
and Service

Rattle Snake Mount: Phil Dodson

Fishing Gear: Eldon Hadler

Unique Bird Nest: Jean Barks

Natural Item: Bill Isbell

Maple Sugaring

Saturday, February 13, 2016

1 - 4 pm

Join the
fun!

- Learn how to identify sugar maples
- Observe the sugaring process
- Taste the sweet treats of the forest

NATIVE PLANT & GARDEN SEMINAR

Saturday, March 12

8 am - 3 pm

The Missouri Department of Conservation and the Cape Girardeau County Master Gardeners are partnering for the eleventh annual seminar. Using native plants in your landscape benefits wildlife, adds variety and color to your landscape and is a great alternative to the traditional manicured lawn. Call for more information about event activities, guest speakers, and registration requirements. Seminar is free and registration begins February 2.



Native Plant Sale



Purchasing native plants in southeast Missouri is not always easy. If you want to get started, a Missouri supplier will be on hand during the seminar so you can purchase native plants for your landscape. You can do so by stopping by the nature center anytime during the day or visit www.grownative.org to learn more about native species and suppliers.

